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Call 0300 456 0100

www.wiltshire.gov.uk

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www.youtube.com/user/sport4wiltshire

Introduction

Welcome to the all-new Active Wiltshire sport, physical activity and leisure brochure produced by Wiltshire Council. The brochure features a host of opportunities for residents to play sport or to be physically active, be it in one of Wiltshire Council's many leisure facilities, while enjoying the beautiful Wiltshire countryside and play spaces, or through one of our sports and physical activity programmes.

Activities are available for residents of all ages and abilities and the brochure also includes information for local sports clubs and elite athletes based in the county. Please read on to find out what is available for you and your family.

Wiltshire Council is determined to use sport, physical activity and leisure opportunities to improve the health and well-being of our residents through the provision of high quality facilities and services. We are committed to encouraging everyone to be physically active, providing health intervention opportunities, supporting our club volunteers and coaches and inspiring our future sporting stars.

We can all benefit from increasing our levels of physical activity. Let's make Wiltshire the healthiest county in the country!



Cllr Jonathon Seed

Cabinet member responsible for leisure




Maggie Rae

Corporate Director and Director of Public Health





Proud to support Cycle Wiltshire

Landmarc Support Services has worked in partnership with the Ministry of Defence for more than a decade, providing services that support the vital training that is needed to prepare Britain's Armed Forces for operational success.

We have been proud to support Cycle Wiltshire for the last two years and look forward to another year of support in 2016.

Find out more about how Landmarc supports defence and communities at www.landmarcsolutions.com.



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@landmarcNEWS



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GET ACTIVE HOLIDAY SPORTS PROGRAMME

Free Swimming

Wiltshire Council continues to provide free swimming for young people during school holidays. Children aged 15 and under can enjoy free swimming during all public swimming sessions at their local Wiltshire Council, Places for People and community managed leisure centres. All young people will require a Free Swimming card, which can be accessed at each leisure centre reception.

Camp Activate/Camp Activate Plus

Camp Activate is an Ofsted registered holiday programme and is compliant with all Ofsted guidelines within the compulsory register. Each programme is packed with exciting arts, sports and history activities at extremely affordable prices to make them accessible for all. For young people with additional needs, one to one support is available.

Sport Specific Holiday Camps

Wiltshire Council offers sports specific camps during school holiday periods. Camps provide fun, exciting days of sport with an opportunity to learn new skills, meet up with friends and work with highly qualified and experienced coaches. Sport specific camps are regularly delivered in athletics, basketball, cricket, football and tennis.

Fun in the Sun

Fun in the Sun is a rural sports outreach programme delivered annually during the school summer holidays. Wiltshire Council works closely with 27 parish councils across the county to deliver free, high quality multi sports sessions each week for five to 11 year olds.

For more information about the Get Active Holiday Sports programme go to www.wiltshire.gov.uk/sportholidayactivities or email sportsdevelopment@wiltshire.gov.uk



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WILTSHIRE STREETGAMES

StreetGames is a national charity which aims to change lives and communities by supporting a network of projects that provide sports, training and volunteer opportunities to young people in disadvantaged communities.

Doorstep Sports Clubs

Doorstep sports clubs provide weekly multi-sport sessions for young people in key community areas. Currently free clubs operate at the Friary (Salisbury), Bemerton Heath (Salisbury) and Studley Green (Trowbridge) estates and include basketball, boxing, dance and football opportunities.

Wiltshire Skate Series (WSS)

Wiltshire Skate Series is an annual programme of skate events and is led and delivered by a youth forum made up of local skaters supported by Wiltshire Council staff. Held at skate parks across the county, WSS encourages volunteering among young people with judges, skate marshals, DJs and helpers giving up their time to ensure the success of events.

Wiltshire Xtreme Clubs

Wiltshire Council works with local partners including town councils, local community groups, the Army Welfare Service and private sports providers to deliver alternative sports clubs across the county. Examples of activities delivered within clubs include archery, parkour and climbing.

'Kick it Out' - Neighbourhood Festivals

'Kick it Out' is football's equality and inclusion campaign and uses football as a tool to promote inclusion, challenge discrimination and to work for positive change. Wiltshire Council works with Swindon Town's Football in the Community Trust to deliver a series of football programmes for young people during October half term. Participants then have the opportunity to play a match at the County Ground during half time of a Swindon Town fixture.

Wiltshire StreetGames Young Volunteer Academy

Young volunteer leaders have been selected through our Doorstep Sports Clubs and Skate Series programmes to act as advocates for projects. Volunteers support weekly delivery, organise events and help shape future activities. Leaders each receive access to free mentoring, training and sports coaching qualifications.

For more information about the Wiltshire StreetGames programme go to www.wiltshire.gov.uk/streetgames or email sportsdevelopment@wiltshire.gov.uk





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Find your local centre at

www.placesforpeopleleisure.org

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ABILITY SPORTS

Ensuring sport is accessible to all is a key priority for Wiltshire Council.

The Ability Sports programme provides a range of opportunities for both children and adults with a disability to participate in sport. Sessions encourage individuals to explore new activities and help individuals gain life skills as they take part. Participants develop social, personal, creative and learning skills as well as benefiting from improved confidence, self-esteem and the effects of leading a healthier lifestyle. There are numerous Ability Sports sessions that take place throughout the county including:

Rising Stars

A community sports club for young people with Special Educational Needs (SEN) and/or disabilities who are aged eight to 16 years old; there are three clubs based across the county.

Fit Club

A community sports club for adults with disabilities who are keen to carry on playing sport. The club is open to anyone aged 17 or over with three clubs based across Wiltshire.

School holiday programme

A number of multi-sport activity days are delivered throughout the county during school holidays, providing young people aged eight-19 years old with a chance to access sport outside of school and college. Sport specific opportunities are also available.

Sport specific opportunities

Various sport specific opportunities are provided for people to access a sport of their choice throughout Wiltshire. Sports include swimming, football, trampolining, boccia and cricket. Sessions vary from young people to adults.

For more information about the Ability Sports programme go to www.wiltshire.gov.uk/disabilitysport or email sportsdevelopment@wiltshire.gov.uk



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ON YOUR MARKS CLUB SUPPORT PROGRAMME

Wiltshire Council works with other partner organisations to provide sports clubs and volunteers with access to professional support through the 'On Your Marks' club development programme. The programme includes:

Advice and support

- An annual, countywide coach education programme
- Club development advice and support
- Support with your nomination to the Wiltshire Sports Awards
- Club support through Sport England's new Club Matters programme

Increasing participation

- Support developing school to club links
- Access to Return to Sport and Sports Stars funding to develop new participation opportunities
- Sportivate funding to develop projects for 11 to 25 year olds

Sports funding

- Coach bursary scheme to support individuals gaining a UKCC Level 1, 2 and 3 qualification
- Funding information, advice and support with grant applications
- Access to the Wiltshire Council community grants initiative

Individual Athlete Support

- Funding Future Olympians and Paralympians grants
- FACTS – free access to centres for talented sports people

RETURN TO SPORT AND SPORTS STARS

Local sports clubs also have the opportunity to apply for funding to help encourage new people into sport. Clubs can apply for up to £400 to help set up a Return to Sport or Sports Stars project. Return to Sport funding allows clubs to develop opportunities for individuals aged 16 plus, while Sports Stars funding can be used to target participants aged five to 16 years old. Both Return to Sport and Sports Stars aim to encourage new members into sports clubs by delivering sessions over an eight week period.

There are three deadline dates throughout the year for both initiatives, the end of June, end of October and end of January.

For more information about club support, Return to Sport and Sports Stars email sportsdevelopment@wiltshire.gov.uk



YOUR LOCAL LEISURE CENTRES

There are 23 leisure facilities across Wiltshire either managed directly by the council, by Places for People Leisure Ltd or by community organisations.

Full details of Wiltshire Council's facilities can be found via

Centres vary in facilities; however across Wiltshire you will be able to access the full range of facilities:

Swimming Pools including Flumes • Sports Halls • Fitness Suites • Squash Courts
Dance / Movement Studios • Multi-Purpose Community Spaces available for hire
Climbing Walls • Tennis / Netball Courts • Artificial Pitches • Cafes • Crèches

WILTSHIRE COUNCIL MEMBERSHIP OPTIONS

Life Zone

- Full use of the fitness suite during all publicised opening times with induction and fitness programme for all first time users
- Access to all appropriate public swimming sessions and fitness classes
- Use of the sauna and steam room where provided
- Racquet sports can be booked seven days in advance
- Access to all other activities at the Leisurecard price
- Access to swim and gym facilities at 20 centres across Wiltshire including those operated by Places for People Leisure Ltd

Fitness Zone (Gym Zone and Gym and Swim memberships)

- Full use of the fitness suite during all publicised opening times with induction and fitness programme for all first time users
- Access to all appropriate public swimming sessions
- Use of the sauna and steam room where provided
- Access to all other activities at the Leisurecard price

Swim Zone (Swim only membership)

- Access to all appropriate public swimming sessions
- Use of the sauna and steam room where provided
- Access to all other activities at the Leisurecard price





In addition to this there are also several privately owned leisure facilities within the county. Details of these can be found via the Active Wiltshire website, details of which are available on Page 15.

www.wiltshire.gov.uk/leisureandsportscentres

Corporate membership

Discounted prices for corporate membership are available for companies ranging from 10 to 100+ employees.

Leisurecard

Leisurecards can be purchased yearly to access discounted 'pay as you go' prices for all activities and allowing you to book seven days in advance with no upfront charges.

Student memberships are also available to customers attending a full time education course.

Concession memberships are only available to eligible customers. Evidence of eligibility will be required when purchasing a membership at a concessionary rate.

Participants aged 15 and under who wish to access the Free Swimming programme during school holidays will need to register for a Free Swimming card.

PLACES FOR PEOPLE MEMBERSHIP OPTIONS

All inclusive single memberships

- 16yrs upwards

- 3 one-to-one sessions with an instructor
- Small group training session
- Swimming
- Unlimited use of the gym
- Workout classes



Additional options to the above include Family All Inclusive, Junior All Inclusive (11-15yrs), Student All Inclusive, Senior All Inclusive, Corporate All Inclusive and National Access All-Inclusive.

Swim only single memberships

- 16yrs upwards

- Unlimited swimming during All Welcome sessions

Family Swimming only

- Up to two adults and unlimited children
- Unlimited swimming during All Welcome sessions

Swim4Health the Aquatic route to Health and Wellbeing

- A six week membership gives you unlimited swimming and aquatic classes, a free one day gym pass and a free studio class.

**For further information please contact
Reception at your local Wiltshire Council leisure centre
or visit our website at www.wiltshire.gov.uk/leisureandsportscentres**



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Our service is designed to your specific needs. When you get in contact, we'll work with you to assess your needs, and then partner you with one of our staff.

This individual member of staff will work with you throughout your time with us. They'll help you to understand the various different therapeutic options available, and help you decide what is right for you.

As part of your personal recovery plan, we look at the whole of your life, to help you to manage your health, your wellbeing, and your future.

Get in Touch

We support individuals who are experiencing issues with drugs and/or alcohol and those directly affected by substance misuse. We're here to help.

www.turning-point.co.uk/wiltshire

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USEFUL LINKS



To find out more about the many different ways to get active in Wiltshire, visit the Active Wiltshire website. There is information on healthy living and healthy lifestyles, sports clubs and activities, local events and sports and leisure facilities throughout Wiltshire.

www.activewiltshire.org.uk



These annual awards recognise and honour the work and achievements of athletes, sports clubs, volunteers and coaches across Wiltshire.

www.wiltshire.gov.uk/sportsawards



Local business fund-raising supports Wiltshire's talented athletes through two annual grants and the FACTS facility access scheme:

- Elite Athlete Grant - Annual grant of £1,000
- Sports Scholarship – Annual grant of £500 (eight to 18 years old)
- FACTS – free Leisure Centre memberships for GB/National level athletes.

www.fundingfutureolympians.org.uk



Cycle Wiltshire supports riders of any age and ability, local clubs, spectators, and all fans of the sport.

It includes the Cycle Wiltshire Sportive, a mass participation event and the Cycle Wiltshire Grand Prix, an elite cycle race that is part of British Cycling's National Road Race series.

www.cyclewiltshire.org.uk

ACTIVE HEALTH

Wiltshire Council works in partnership with Places for People Leisure Ltd and community managed facilities to provide the Active Health scheme for residents of Wiltshire.

PHYSICAL ACTIVITY REFERRAL

Active Health provides a standardised physical activity on referral programme across 23 leisure centres in Wiltshire and aims to reduce the risk of coronary heart disease, stroke, cancer, depression and other associated conditions by encouraging increased levels of physical activity in those with a stated level of risk.

Physical activity referral is a 12 week programme that a GP, or healthcare professional can refer you to if you have one or more health issues that could benefit from undertaking physical activity.

EXERCISE AFTER STROKE

Group based stroke rehabilitation classes take an active approach to improving movement and independence. Classes are led by instructors who have specialist knowledge and are able to give stroke survivors the opportunity to exercise in a safe and enjoyable environment.

Participants need to be referred by their GP, physiotherapist, or health professional to attend these classes, which are programmed into 12 week blocks.

**For more information about
Active Health go to: www.wiltshire.gov.uk/activehealth**

Email: physicalactivity@wiltshire.gov.uk



Active Health is the programme for all physical activity opportunities where people are referred by a medical practitioner to a range of exercise programmes that will benefit health and wellbeing.

CARDIAC REHABILITATION PHASE IV

This is a specialised exercise and education programme for people recovering from heart attacks, heart surgery, or cardiac interventions.

Classes are led by highly qualified and knowledgeable cardiac rehabilitation instructors and are designed to increase fitness levels, reduce cardiac symptoms, improve health and reduce the risk of future heart problems. Participants need to be referred by either their Phase III cardiac team, or via a GP.

FALLS PREVENTION CLASSES

These classes are designed to help frailer older people who have had a fall, or who are afraid of falling and are a mixture of chair based and standing exercises to improve strength, balance and increase confidence.

They are also designed to help people to maintain their independence by helping them to continue to carry out activities of daily living such as, getting out of a chair, getting dressed, brushing their hair, doing general housework and shopping.

Classes will safely and effectively improve physical function and postural stability and therefore are a key component to reducing the risk of having a fall.

These sessions run throughout the county either in community areas, leisure centres or sheltered housing so that participants can exercise with the motivation of a group environment with exercises specially devised for those who have been inactive for a long time.

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PHYSICAL ACTIVITY

Sky Ride Local

Working in partnership with British Cycling, Wiltshire Council has developed a series of fun, safe community cycle rides, led by trained ride leaders.

These leisurely rides take place between June and October in and around each Sky Ride town. Rides allow people to explore their local area, meet like-minded people and cater for all levels of experience and ability. Rides range from short, traffic-free routes of three to four miles to 20 mile rides lasting up to two and a half hours.

www.goskyride.com/wiltshire

Running

Working in partnership with Wiltshire Council and Wiltshire and Swindon Sport, Run England provides a welcoming and social environment in which people of any fitness level or ability can participate in running. Experienced leaders support participants at all levels, right from beginner level up, with achievable goals and ensure support is available to encourage participants to link with running clubs. Opportunities are also available for individuals to train as run leaders.

www.wiltshire.gov.uk/running

Just Play and Walking Football

The Football Association's Mars Just Play! and Walking Football programme is informal football at its best – it's about turning up for an hour of exercise, a bit of fun and aims to help you start or maintain an active lifestyle. It's a slower paced, non-contact version of the beautiful game for over 50s and we provide the balls, the venue, the support – you've just got to turn up!

www.wiltshirefa.com/players/walking-football

www.wiltshirefa.com/players/fa-mars-just-play

For more information about these projects go to
www.wiltshire.gov.uk/healthandphysicalactivity or email
physicalactivity@wiltshire.gov.uk



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PHYSICAL ACTIVITY

SHINE

SHINE (Self-Help, Independence, Nutrition and Exercise) Wiltshire is a healthy lifestyle programme for children aged seven to 11 years and their families. It is specifically designed for children who are above their healthy weight range. SHINE is a 10 week programme which aims to provide support in making the necessary changes to lead a healthier lifestyle and includes education on food labelling, healthy lunchboxes, portion sizing, sugar levels and food groupings. Simple and fun physical activity sessions are also provided, giving children the chance to try different activities with their parents.

Get Wiltshire Walking

Wiltshire Council provides short walks across the county with the aim of increasing physical activity and improving personal health and well-being. Walking in a group is a great way to get active and stay motivated and is proven to work in helping to support more active, healthy lifestyles. These walking groups are free and are offered in every community area of the county. All walks are led by trained walk leaders.

The groups meet every week, with walks lasting approximately one hour and often end with a cup of tea at a local café, or leisure centre. The walks are a great way of making new friends and discovering new places to walk in your neighbourhood. Everyone is welcome, providing you are independently mobile and able to meet the physical demands of the walk.

www.walkingforhealth.org.uk/getwiltshirewalking

For more information about SHINE and Get Wiltshire Walking go to
www.wiltshire.gov.uk/healthandphysicalactivity or email
physicalactivity@wiltshire.gov.uk



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Wiltshire has 6,000 km (4,000 miles) of public rights of way for you to explore the beauty of the countryside.

Rights of way are paths and tracks which anyone can use at any time.

You can use rights of way for walking dogs, going for a picnic, looking at views or exercising on foot, bicycle or horse.

www.wiltshire.gov.uk/publicrightsofwaymapping

Short organised walks are available via Get Wiltshire Walking or for longer organised walks try The Ramblers website.

www.ramblers.org.uk

There are also other routes and areas such as canals, nature reserves and parks you can explore some of which are ideal for buggies and wheelchairs.

www.wiltshire.gov.uk/countryparks

Wiltshire Council also offers a range of events throughout the year to encourage more people to visit and enjoy the countryside whatever your interest, age or ability:

www.wiltshire.gov.uk/countryside

CONNECTING WILTSHIRE



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Wiltshire

Travel made simple

Connecting Wiltshire provides travel advice for the county. The online journey planner allows you to plan a trip by bike, walking, bus, train or car. Walking or cycling to work or to the shops is a great way to fit activity into your daily life.

For more information about Connecting Wiltshire go to www.connectingwiltshire.co.uk or email connectingwiltshire@wiltshire.gov.uk

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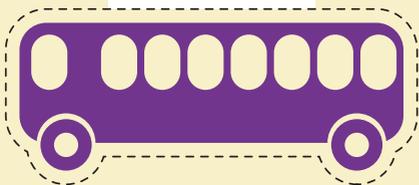
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www.westernsport.co.uk



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HEALTH IMPROVEMENT SERVICES

There are health improvement services available locally to help support you in achieving your lifestyle goals. These services include:

HEALTH TRAINERS

Health trainers provide one to one support to help adults to lead healthier, more active and high quality lives by taking more responsibility for their own physical and mental wellbeing. They support adults to improve general wellbeing; build self-confidence and motivation; be more active; eat healthier food and be a healthy weight; reduce or stop smoking and drink less alcohol. In addition health trainers will also signpost to local services and activities.

www.wiltshire.gov.uk/healthtrainers

STOP SMOKING SERVICE

The Wiltshire Stop Smoking Service offers free, friendly, non-judgmental advice for anyone who wants to stop using tobacco. Support can be found in over 100 locations across the county or over the telephone. Specialist advisers help with evidence-based support and licensed medications to support smokers to become smoke free.

www.wiltshirestopsmoking.co.uk

MENTAL HEALTH AND WELLBEING

If you need to talk to someone about something that is troubling you, or are worried about your mental health, you can contact the Samaritans on 08457 90 90 90 at any time or make an appointment to see your GP.

www.wiltshire.gov.uk/mentalhealthwellbeing

HEALTH MATTERS PROGRAMME

A nurse led health advice and information service in 12 of Wiltshire's libraries. Weekly, half day, drop-in sessions provide an opportunity to have a chat with a health professional and to have easy access to leaflets and general health information.

www.wiltshire.gov.uk/healthmatters

SLIMMING ON REFERRAL

The Slimming on Referral programme allows adults with a BMI of 30 or over (28 if certain health conditions are present) to attend a local Weight Watchers or Slimming World group for 12 weeks. Please speak to your doctor or practice nurse for further details.

To find out your BMI visit:

www.nhs.uk/bmi



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It's time to put your pension through its paces

Given half a chance, your pension will sit around doing very little. But with our expert help, it can become a lean, mean, business-boosting machine.



While auto-enrolment may have taken over your agenda recently, it really is worth taking another look at your own pension arrangements. And if your eyes are already glazing over, allow us to explain what's on offer to you.

It's possible to free-up your pension savings to make investments that will assist your business. You can also take advantage of Capital Gains, Income and Corporation Tax efficiencies as well as a host of other benefits (see spotlight).

You could even use the funds to buy your own premises – it's simply a case of making the money you've already accumulated work harder for you. Even successful companies can be hampered by servicing their existing debts, and this strategy frees-up cash to make your expansion plans become a reality.

The Pension Solutions Group specialises in providing and managing Small Self Administered Schemes (SSASs) for small- and medium-sized business owners. These innovative schemes are regulated by the Pensions Regulator and tax registered with HMRC and have helped hundreds of entrepreneurs to take their business to the next level while saving for retirement.

● Spotlight: the interiors company

The Pension Solutions Group's Mike Baker explains how a clever approach to pensions investment has transformed the fortunes of a small business. "Dan and Alison own an interiors company and they had various pension arrangements with high street brands.

"We helped them consolidate their investments into one pot – a SSAS – which they could immediately begin using to help their business."

They then used their SSAS to buy the commercial premises they worked from so that it would be owned by their pension scheme and protected from creditors. They did this with additional funding from a mortgage lender.

"Having eliminated their personal bank loan and accessed available equity to use in their business, Dan and Alison are able to pay back their pension scheme mortgage quicker than they would have done had they or their company borrowed the money, because they can do so from income that is not subject to tax. Plus they now effectively rent the place from themselves which grows their pension pot."

So, if your business could do with a financial shot in the arm, look no further than your own pension. The Pension Solutions Group specialise in crafting innovative, ingenious financial strategies that really make the most of opportunities that are already available. And while the legislation and the thinking behind our solutions are complex, you'll find the process seamless and straightforward.

● At a glance: five valuable benefits of a small self-administered scheme

- 1 Inject working capital into the business, e.g. in the form of a loan from the pension scheme to the company
- 2 Unlock and access equity in commercial property assets
- 3 Eliminate expensive personal or corporate debt
- 4 Eradicate future Capital, Income and Corporation Taxes
- 5 Grow pension scheme with tax free rental income or with loan interest income

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